# How to get the best from Your Microwave Oven

JVM 150
JVM 150G
PUB# 49-4659

Use and Care of Spacemaker® model JVM150


| | |
|---|---|
| Features of your oven | p5 |
| Auto Cook | p12 |
| Auto Roast | p24 |
| Auto Defrost | p26 |
| Shelf Guide | p30 |

Questions?
Use the Problem Solver p32


EFF DATE
11-08-85

GENERAL ELECTRIC

49-4659

# Help us help you...

## Read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
General Electric Company
Appliance Park
Louisville, KY 40225

## Write down the model and serial numbers.

You'll find them on a label inside the oven on the upper left side.

These numbers are also on the Consumer Product Ownership Registration card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

## Be sure your microwave oven is registered.

It is important that we know the location of your oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company
Range Product Service
Appliance Park
Louisville, KY 40225

## If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the microwave oven.

## Save time and money.

**Before you request service...** check the Problem Solver on pages 32 and 33. It lists minor causes of operating problems that you can correct yourself.

The electric output of this microwave oven is 625 watts.

# PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

**(a) Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

**(b) Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

**(c) Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) Door (bent),
(2) hinges and latches (broken or loosened),
(3) door seals and sealing surfaces.

**(d) The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

This microwave oven is UL listed for installation over electric and gas ranges.

## Optional Accessory

available at extra cost from your General Electric supplier.

**JX81 Charcoal Filter Kit for non-vented installation.**

# Contents


Before Microwaving . . . . . 2
Safety Instructions . . . . . 3, 4
Features of Your Oven . . . . . 5
Touch Control Panel . . . . . 6, 7
Set the Clock . . . . . 6
Time Cook . . . . . 8
Time Defrost . . . . . 9
Temp Cook . . . . . 10
Minute/Second Timer . . . . . 11
Automatic Cooking . . . . . 12, 13
Recipe Guide . . . . . 15
Meats . . . . . 16, 17
Vegetables . . . . . 18, 19
Desserts . . . . . 20, 21
Automatic Cooking Chart . . 22, 23
Auto Roast . . . . . 24, 25
Auto Defrost . . . . . 26
Exhaust Feature . . . . . 27
Care of Your Oven . . . . . 28, 29
Shelf Guide . . . . . 30, 31
Grounding Instructions . . . . . 32
The Problem Solver . . . . . 32, 33
If You Need Service . . . . . 35
Warranty . . . . . Back Cover


# Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving." Check your Cookbook for specific test to determine "microwave safe" utensils.
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging. Check your Cookbook for specific instructions.
- Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

# IMPORTANT SAFETY INSTRUCTIONS

## Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

**WARNING**–To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 32.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- See door surface cleaning instructions on page 28.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- **To reduce the risk of fire in the oven cavity:**

—Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bag in oven.

—Do not use your microwave oven to dry newspapers.

—**Paper towels and napkins, wax paper.** Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—**Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

—**Do not pop popcorn in your microwave oven** unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at fuse or circuit breaker panel.

- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

*(continued next page)*

# IMPORTANT SAFETY INSTRUCTIONS (continued)

• **Don't defrost frozen beverages,** in narrow necked bottles, especially carbonated ones. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

• **Use metal only as directed in Cookbook.** Foil strips as used on meat roasts are helpful when used as shown in Cookbook.

TV dinners may be cooked in metal trays, providing the foil covers are removed. They must be replaced in their boxes. When using metal in microwave oven, **keep metal (other than metal shelf) at least 1-inch away from sides of oven.**

• **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.

• **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

• **Thermometer**—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

• **Remove the temperature probe from the oven when not in use.** If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven and damage oven walls.

• **Plastic utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

• **When cooking pork** follow our directions exactly and always cook the meat to at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

• **Boiling eggs (in and out of shell) is not recommended** for microwave cooking. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

• **Foods with unbroken outer "skin"** such as potatoes, hot dogs or sausages, tomatoes, apples, chicken livers and other giblets, and eggs (see previous caution) should be pierced to allow steam to escape during cooking.

• **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

• **Use of the shelf accessory.**

—Remove the shelf from oven when not in use.

—Do not store or cook with shelf on floor of oven. Product damage may result.

—Use potholders when handling the shelf and utensils. They may be hot.

—Do not use microwave browning dish on shelf. The shelf could overheat. Use of shelf with Automatic Cooking feature is not recommended.

## THE EXHAUST HOOD:

• **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

• **The vent fan in your Spacemaker® oven will operate automatically under certain conditions (see Automatic Fan Feature, page 7). While the fan is operating caution is required to prevent the starting and spreading of accidental cooking fires while the vent fan is in use. For this reason:**

**—Never leave surface units unattended at high heat settings.** Boilover causes smoking and greasy spillovers that may ignite and spread if vent fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat settings only when necessary.

**—In the event of a grease fire,** smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

**—Never flame foods under the oven with the vent fan operating** because it may spread the flames.

**—Keep hood and grease filters clean,** according to instructions on pages 27 and 29, to maintain good venting and avoid grease fires.

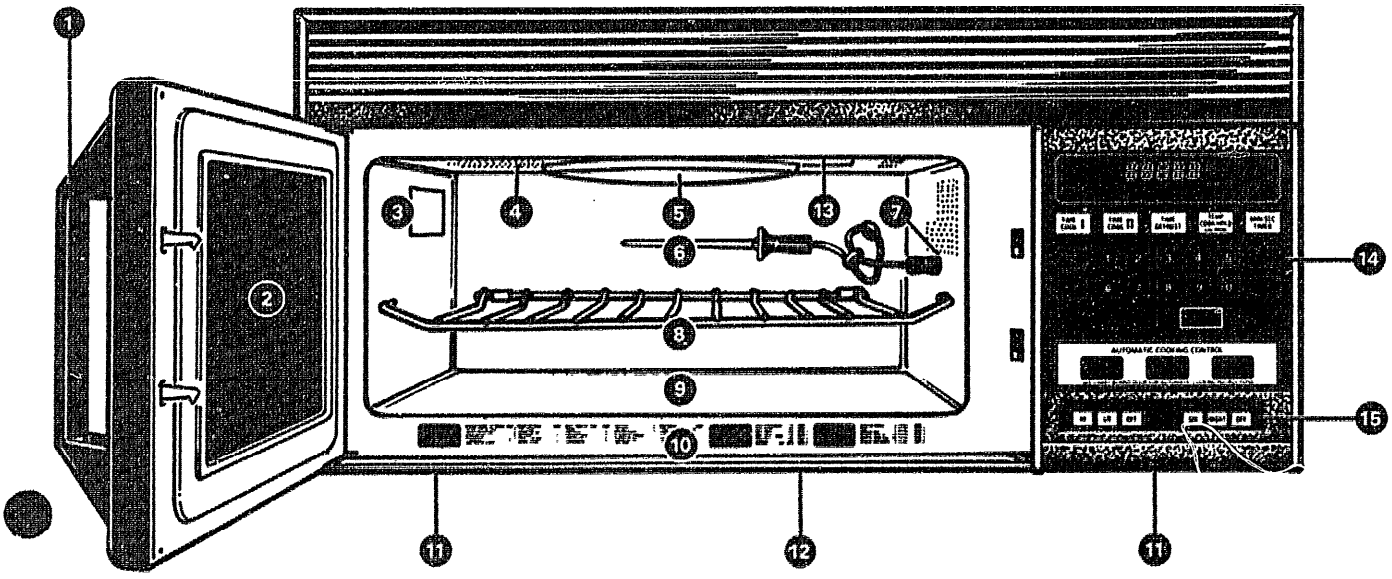
# SAVE THESE INSTRUCTIONS

# Features of Your Microwave Oven

## Cooking Complete Reminder

**(For TIME COOK and DEFROST cycles)**

To remind you that you have food in the oven, "END" will stay on in the display until you either open the oven door or touch the CLEAR/OFF PAD.




**1. Door Handle.** Pull to open door. Door must be securely latched for oven to operate.

**2. Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.

**3. Model and Serial Numbers.**

**4. Oven Vent.**

**5. Plastic Mode Stirrer Cover.** Protects the mode stirrer which distributes microwave energy into the oven.

**6. MicroThermometer™ Temperature Probe.** Use with Temp Cook/Hold and Auto Roast functions only.

**7. Receptacle for Temperature Probe.** Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.

**8. Two Position Metal Shelf.** Doubles the oven capacity when reheating or cooking smaller food items. (For complete use of shelf, see pages 30 and 31.)

**9. Oven Floor.**

**10. Automatic Cooking Chart.**

**11. Grease Filters.**

**12. Cooktop Light.**

**13. Oven Light.** Light comes on when door is opened or when oven is operating in any function.

**14. Touch Control Panel and Digital Readout Display.** For detailed information on each feature, see pages 6 and 7.

**15. Hood Controls.**
**Fan Pads.** Press HI, LO or OFF.
**Light Pads.** Press ON, NIGHT or OFF.

# Features of Your Microwave Touch Control Panel

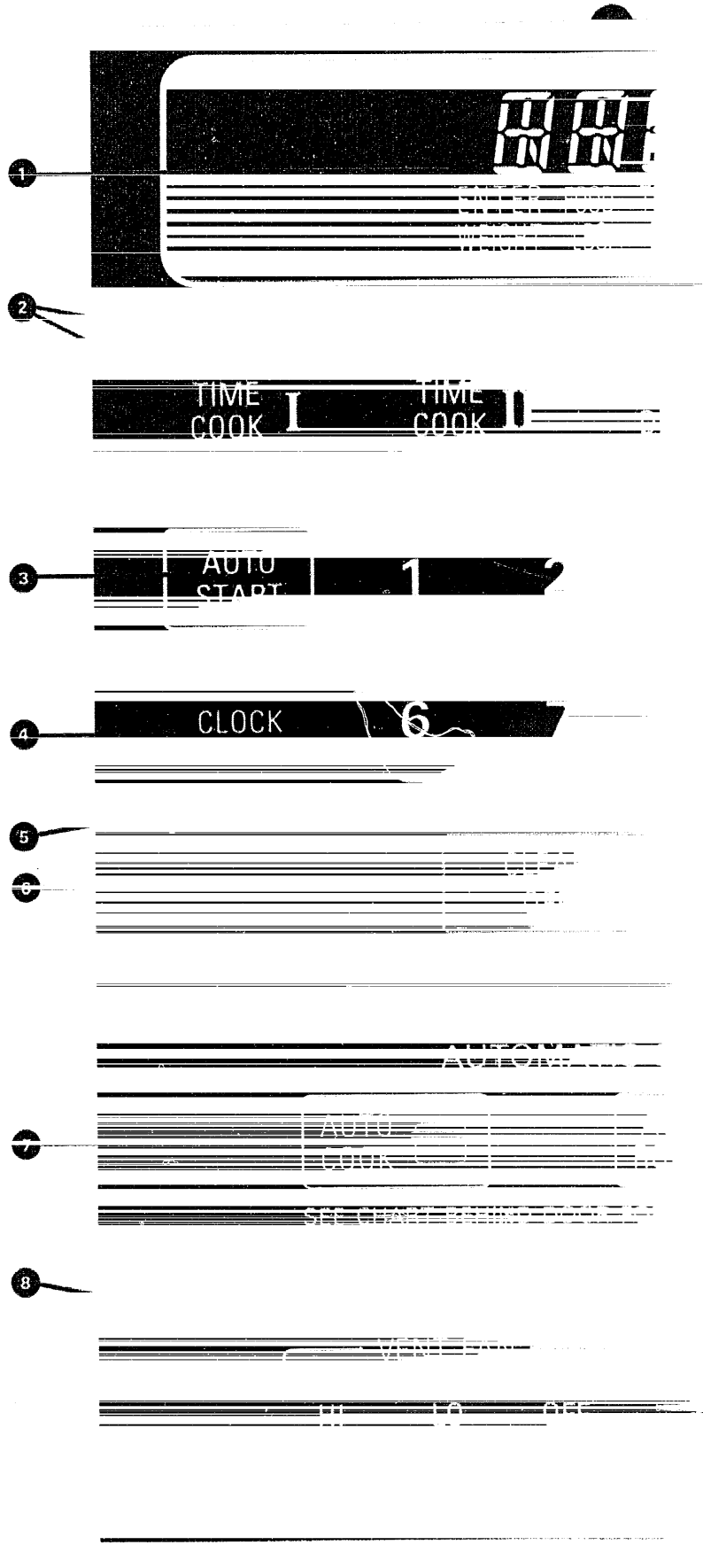
The Touch Control Panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your automatic cooking control pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

## "Error" Appears on Readout

- When using Temp Cook function, you have entered a temperature less than 90°F. or more than 199°F.
- Door is opened during "AUTO" cycle of Automatic Cooking function. Close door and touch START.

## "Probe" Appears on Readout:

- Probe has been forgotten when Auto Roast or Temp Cook functions are being used.
- Probe is not securely seated in over wall receptacle.




**1. Readout Panel.** Displays time of day, time or temperature during cooking functions, power level being used, cooking mode and pertinent instructions of what to do next.

**2. Time Cook I and Time Cook II.** Microwave for a preset amount of time using automatic Power Level 10 or change power level after setting time. (See page 8.)

**3. Auto Start.** Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay. (See page 8.)

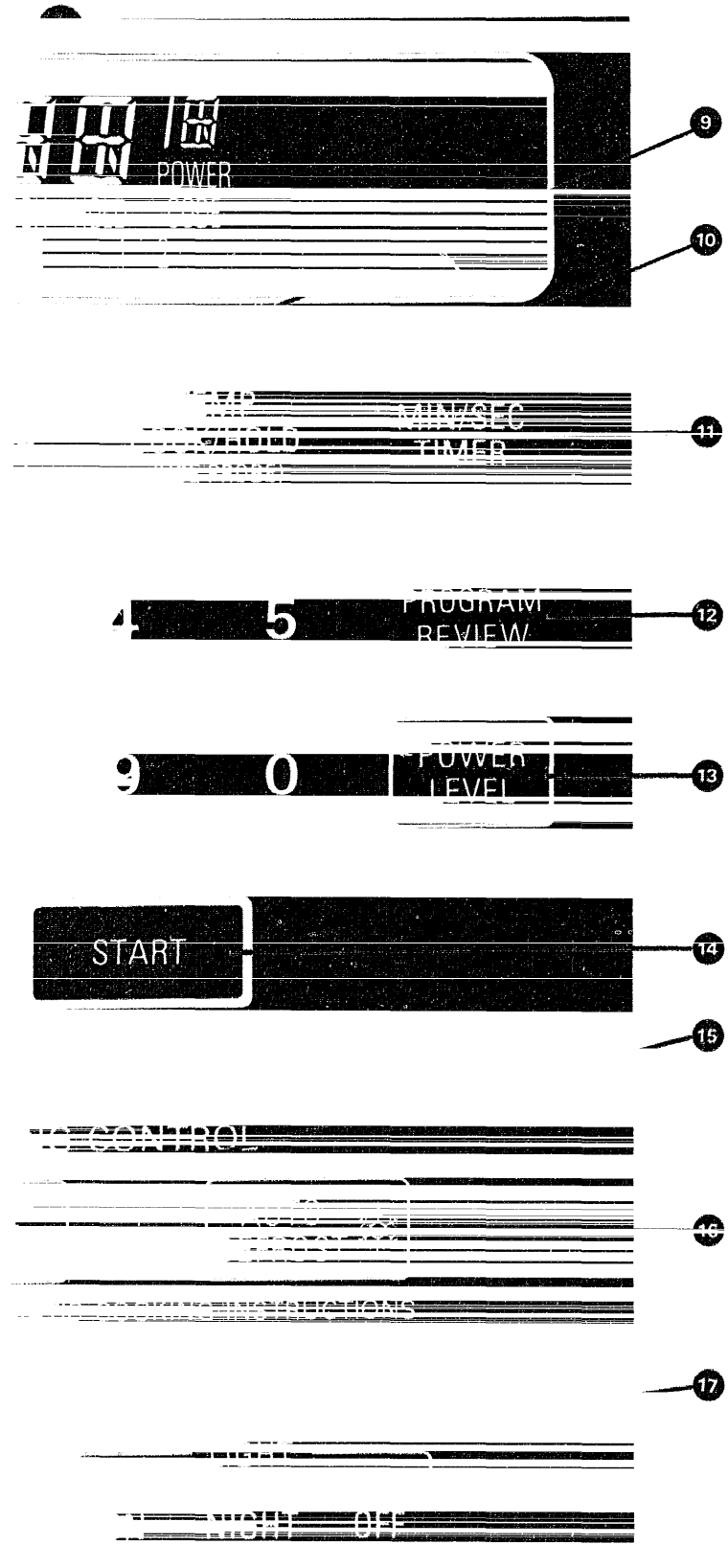
**4. Clock.** Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in readout display. "Start" will flash on readout directing you to touch START thus setting the clock. If you wish to reset or change time, simply repeat above process.

**5. Number Pads.** Touch these pads to enter Time, Temperature, Power Level, Automatic Cooking Codes, Auto Roast Codes or Auto Defrost Code numbers and food weight.

**6. Clear/Off.** When touched, it stops the oven and erases all settings except time of day.

**7. Auto Cook.** Touch this pad and then number pad for desired Code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking time until the food is done and oven shuts off. (See pages 12 and 13.)

**8. Vent Fan.** Press HI, LO, or OFF for fan speed.




## When You Plug in the Oven

The readout panel displays five 8's and 18 POWER on the upper portion and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "RESET" comes on in the upper portion. Touch the CLEAR/OFF pad and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and you must reset CLOCK after touching CLEAR/OFF.

**9. Time Defrost.** Gentle, more uniform thawing at automatic Power Level 3, or change power level after entering time. (See page 9.)

**10. Temp Cook/Hold.** Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 90°F., oven shows temperature until preset temperature is reached and holds temperature for up to one hour. (See page 10.)

**11. Min/Sec Timer.** This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 11.)

**12. Program Review.** Touch this pad to display your cooking program.

**13. Power Level.** Touch this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.

**14. Start.** Must touch this pad for oven to begin any functions.

**15. Auto Roast.** Insert probe, touch this pad, and desired number pad for Code to slow-cook or temperature cook meat with automatic preset program. (See pages 24 and 25.)

**16. Auto Defrost.** Touch this pad, then Code number, food weight and the oven automatically sets Power Levels and defrosting time. (See page 26.)

**17. Light.** Touch desired pad to illuminate counter or to turn on night light.

## AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the vent fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

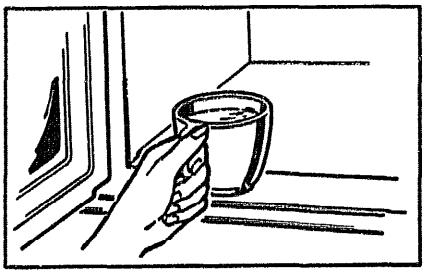
# Cooking by Time

**The time cooking feature allows you to preset the cooking time.**

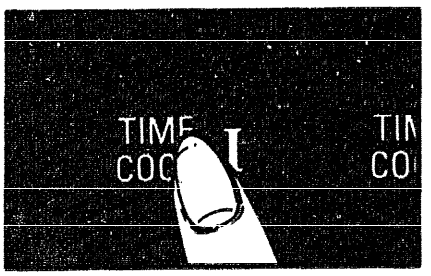
The oven shuts off automatically.

Power Level 10 (HIGH) is recommended for most cooking, but you may change this for more flexibility. See your Cookbook.

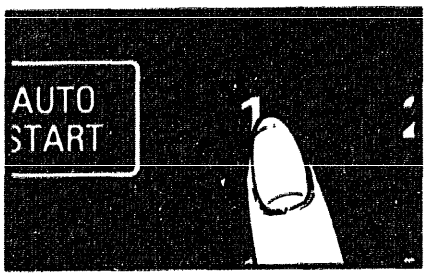
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



**Step 1:** Fill a cup 2/3 full of water and add 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.

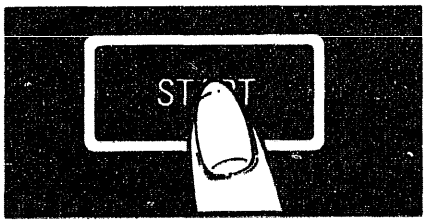



**Step 2:** Touch TIME COOK I. Display shows :0 and Power 10. "Enter Cook Time 1" flashes.




**Step 3:** Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. Display shows 1:20 and "Power 10." "Cook Time 1" flashes.

If another power level is desired, touch Power Level pad and desired number, although Power Level 10 (HIGH) is preferred for this cup of coffee.




**Step 4:** Touch START. "Cook Time 1," "Power 10," and time counting down show on display.

**Step 5:** When time is up, the oven signals and flashes "End." Oven, light, and fan shut off.

**Step 6:** Open the door.

## Using the Time Cook II Feature

With the Time Cook II feature, you can set two time cooking functions within one program. This would be ideal if you desired to change power levels during your cooking operations.

The following is an example of how to change power levels using Time Cook II.

**Step 1:** Repeat Steps 1, 2, and 3.

**Step 2:** Touch TIME COOK II.

**Step 3:** Set your time as in Step 3.

**Step 4:** To change the power level, touch Power Level pad and number pad 7.

**Step 5:** Touch START.

**Step 6:** Power Level 10 is displayed and "Cook Time 1" counts down.

**Step 7:** At the end of "Cook Time 1" the next selected power level is displayed and "Cook Time 2" is shown counting down.

**Step 8:** When time is up, the oven signals and flashes "End." The oven, light, and fan shut off.

**Step 9:** Open the door.

## How to Use Auto Start

**The Auto Start feature allows you to program your oven to begin cooking at a preset time of day—up to a 12 hour delay.**

**To Use Auto Start**

**Step 1:** Enter your desired cooking program.

**Step 2:** Touch AUTO START pad (instead of START pad).

**Step 3:** Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

**Step 4:** Touch START pad. The oven will automatically start at the desired time.

## Questions and Answers

**Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my dish wasn't done. What happened?**

A. Since house power varies due to time or location many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

**Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?**

A. The TIME COOK I or II pad must be touched before setting the number pads or else your oven will not begin cooking.

**Q. I want to cook on a power level other than HIGH. What do I need to do?**

A. To change the power level, touch the POWER LEVEL pad. "Enter Power" flashes on the display panel. Enter new number.

**Q. Can I interrupt my Time Cook function to check the food?**

A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

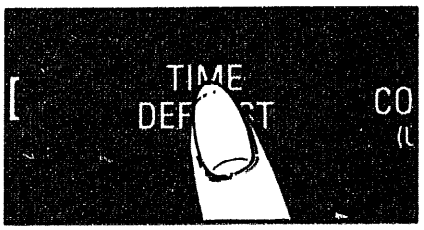
# Defrosting by Time

**The Defrost setting is designed for even thawing for large amounts of food and is one of the most important advantages of a microwave oven.**

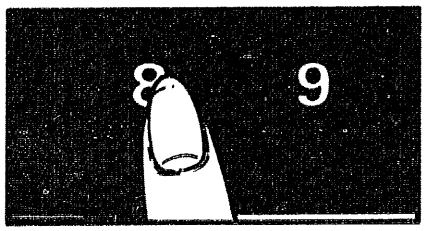
- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for defrosting help.

To become better acquainted with the defrost function, defrost frozen pork chops by following the steps below.

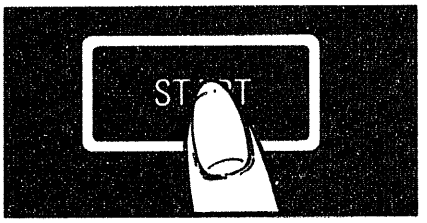
**Step 1:** Place package of frozen chops in the oven and close door.




**Step 2:** Touch TIME DEFROST. Display shows :0 and Power 3. "Enter Def Time" flashes.




**Step 3:** Touch 8, 0 and 0 for 8 minutes. Display shows 8:00 and "Power 3." "Def Time" flashes. If you wish to change power level, touch Power Level pad and then new number.



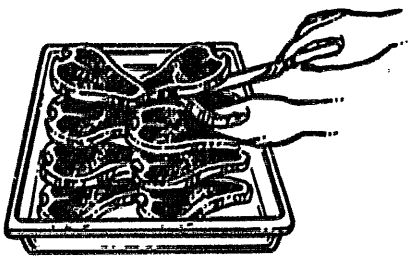
**Step 4:** Touch START. "Def Time" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

**Step 5:** Turn package over, close door and repeat Steps 2, 3 and 4.

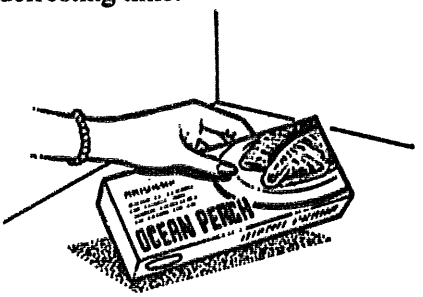
**Step 6:** Open door, remove package and separate chops to finish defrosting.

## Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.




- Pre-packaged frozen dinners can be defrosted and microwave cooked. They should be replaced in their boxes. Be sure to remove any foil covers. Keep metal trays at least 1" away from cavity walls.
- Check your Cookbook for other defrosting tips.

## Questions and Answers

**Q. When I press START, I hear a dull thumping noise. What is it?**

A. This sound is normal. It is letting you know the oven is using a Power Level lower than 10 (HIGH).

**Q. Can I defrost small items in a hurry?**

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power Level 7 cuts the time about in 1/2; Power Level 10 cuts the time to approximately 1/3. During either, rotate or stir food frequently.

**Q. Why don't the defrosting times in the Cookbook seem right for my food?**

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

**Q. Should all foods be completely thawed before cooking?**

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

**Q. Can I open the door during defrosting to check on the progress of my food?**

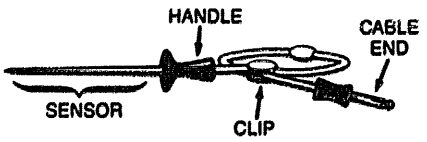
A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

# Cooking by Temperature

**Internal temperature is the best test of doneness for many foods.**

"Temp Cook/Hold" takes the guesswork out of cooking because the oven automatically switches to "Hold" setting after reaching the preset food temperature and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

## The Temperature Probe




The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using "Temp Cook/Hold" or "Auto Roast." To utilize your probe properly, follow directions for use and insertion in this book in the section entitled "Automatic Roasting."

## How to Temp Cook a Rolled Beef Rib Roast to Medium

**Step 1:** Insert temperature probe and attach probe securely in oven wall. Close the door.

**Step 2:** Touch TEMP COOK/ HOLD. The display panel shows F and "Power 10." "Enter Temp" flashes.

**Step 3:** Touch 1, 2, 5 for 125°F. "Temp Cook" flashes. 125F and Power 10 show on display.

**Step 4:** Touch Power Level pad. "Enter Power" flashes. Touch 5 for medium power. "Temp Cook," 125F and Power 5 show on display.

**Step 5:** Touch START. If internal temperature of the roast is less than 90°F., display will show "Cool" or if temperature is 90°F. or above, display shows temperature counting up.

**Step 6:** When 125°F. is reached, the oven will sound and display "Hold". The oven will then hold the temperature.

**Step 7:** Touch the CLEAR/OFF pad to stop the cycle.

**Step 8:** Remove probe and food from the oven.

## Cooking Tips

- Use a lower power level; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Use the clip to keep the probe in place while heating.
- Cover foods loosely for moisture control and quick, even heating.

## Questions and Answers

**Q. After I followed the steps and touched the START pad, "ERROR" flashed in the display and a signal sounded. What's wrong?**

A. "ERROR" flashes if you set the temperature either below 90°F. or above 199°F. The oven tells you, between the flashing of "ERROR," what incorrect entry was made. To re-enter, touch CLEAR/OFF pad and begin again.

**Q. Are there any foods I can't Temp Cook?**

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc. soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to Time Cook these foods.

**Q. Why did "PROBE" flash on the display after I touched the START pad?**

A. "PROBE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK/HOLD pad and forget to use the probe.

**Q. Can I leave my probe in the oven if it's not inserted in food?**

A. No, if it touches the oven wall, you may damage the oven.

**Q. Can I Temp Cook different portions of food at different temperatures?**

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

# How to Use the Minute/Second Timer

**The MIN/SEC TIMER has three timing functions:**

- **It operates as a minute timer.**
- **It can be set to delay cooking.**
- **It can be used as a hold setting after defrosting.**

The MIN/SEC TIMER operates without microwave energy.

## How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. The display shows :0 and "Enter Time" flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows 3:00 and "TIME."
3. Touch START. Display shows time counting down.
4. When time is up, oven signals, flashes "End," and display shows time of day.

## Programming a HOLD TIME

The Minute/Second Timer can also be used to program "hold time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or Cookbook.

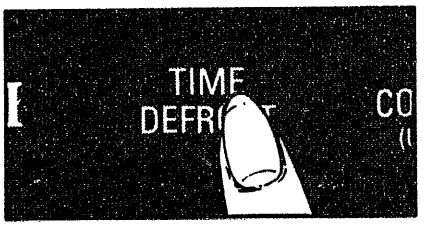
## Programming Delayed Cooking

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time. Then set time or temperature before pressing START. When holding before temperature cooking, be sure that probe is in food before pressing START.

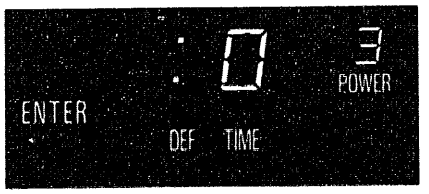
## How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

**Step 1:** Take casserole from freezer and place in oven.

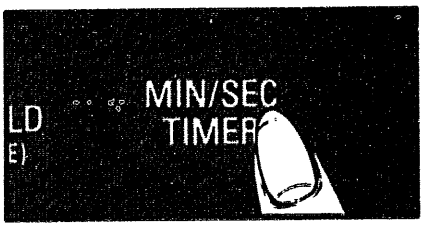



**Step 2:** Touch TIME DEFROST pad.



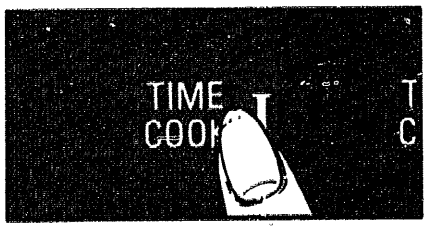

The display shows :0 and "Power 3." "Enter Def Time" flashes.

**Step 3:** Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time. 15:00 appears on display. (Defrosting is automatically set on Power Level 3 but can be changed by touching the Power Level pad and the desired power level.)



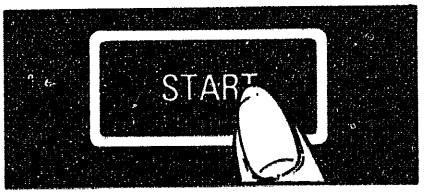

**Step 4:** Set standing or hold time by touching MIN/SEC TIMER. The display shows :0 and "Enter Time" flashes.

**Step 5:** Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display and "Time" flashes.




**Step 6:** Touch TIME COOK I pad. The display shows :0 and "Power 10." "Enter Cook Time 1" flashes.

**Step 7:** Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. "Cook Time 1" flashes and 25:00 and "Power 10" appear on display.




**Step 8:** Touch START. "Def Time" and 15:00 counting down show on display. As each function is automatically performed oven display shows instructions entered and the function.

**Step 9:** When time is up, the oven signals and flashes "End."

## Questions and Answers

**Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?**

**A.** The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

**Q. Can I defrost and hold only?**

**A.** Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Defrost and amount of time. Then program Hold and the amount of time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

**Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?**

**A.** When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

# Automatic Cooking

The Auto Cook pad may be used to eliminate your need to look up cooking time in the Cookbook, or guessing how long to set cooking time. By actually sensing the steam which escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.

Because cooking containers must be covered, this feature is best with foods which you wish to steam or to retain moisture. Foods which are best microwaved uncovered or only lightly covered should be cooked using time or temperature settings.

After touching the Auto Cook pad, and pressing Start, you will see the word AUTO on the readout, which indicates that the sensor has been activated to sense steam from the food. To prevent the escape of steam from the oven, do not open the door while the word AUTO is on the readout. If door is opened, ERROR appears. Close door and touch START immediately.

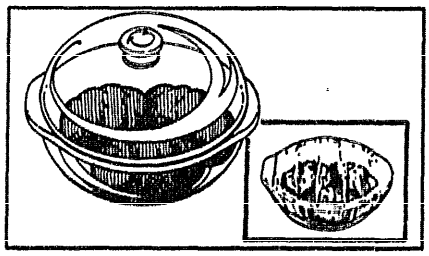
Setting 1, which is designed for easy reheating of foods, automatically turns the oven off as soon as the sensor detects steam from the foods. Other Auto Cook control settings, which are for fresh or frozen foods, need additional time after steam has been sensed. For these foods, the oven determines the amount of additional time needed, then automatically switches the oven to Time Cook for the necessary cooking time remaining. Oven beeps when it switches to Time Cook (AUTO on readout is replaced by numbers indicating cooking time), and oven door can be opened for stirring or rotating food. Be careful of steam when removing tight covers. When you remove cover, direct the steam away from hands and face.

**Always cover food containers using lids, wax paper or plastic wrap. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges. For best results, never stretch plastic wrap tightly over food, or use tight-sealing plastic lids.**

**Some foods may need to be stirred or rotated after beeping signal.**

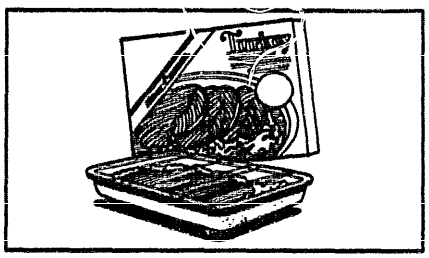
**NOTE: Use of wire shelf with Automatic Cooking is not recommended.**

**Match the amount of food to the size of the container. Fill containers at least 1/2 full. Be sure the exterior or the cooking container and interior of microwave oven are dry. Always cover food containers for Auto Cook and stir or rotate, if necessary, after beeping signal.**



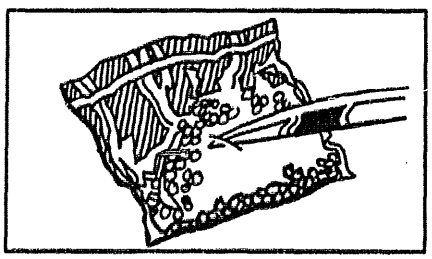
Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.

Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.

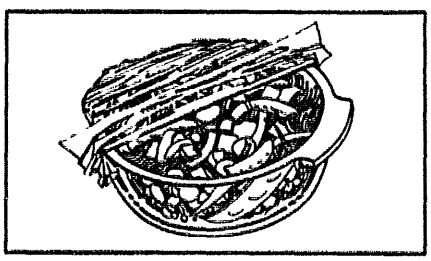


**Frozen Entrees in Paperboard Tray:** Do not remove film over tray; remove tray from box. Thick entrees may need longer time. See chart on page 22. **Frozen Food in Metal Tray:** Remove foil covering, reinsert into box and close ends.

Do not use paper plates with automatic cooking. Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper (you can still use paper plates with regular Time Cooking, Defrosting, etc.).

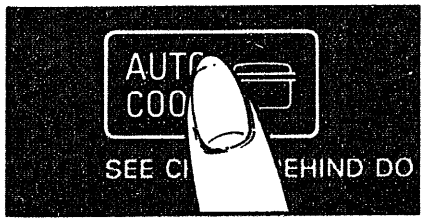


Slit plastic pouches 1-inch as shown above. Break food up thoroughly after oven signals. For alternate pouch method see page 18.

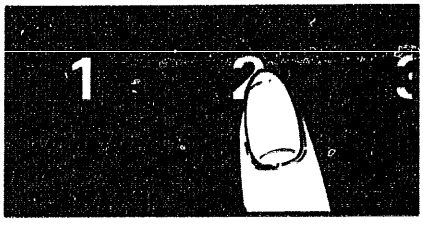


Follow control panel or Automatic Cook Chart setting for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If not, use TIME COOK.

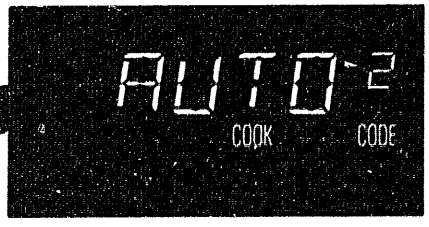
## Example of How to Use Automatic Cooking




Place covered food in oven. Touch AUTO COOK pad. "Enter Code" flashes on readout.




Touch number pad for desired code. Code 2 shows and "Start" flashes on readout. Touch START.




Word "Auto" shows on readout, indicating steam sensor is activated. DO NOT OPEN DOOR. MAY AFFECT COOKING PERFORMANCE.

Beep sounds when steam is sensed and "Auto" is replaced by cook time. Rotate or stir food, if necessary. When done, oven beeps and stops.

## Understanding Automatic Cooking Codes & Preference Control

Automatic Cooking Codes 1 through 9 are designed to give you easy automatic results with a number of foods.

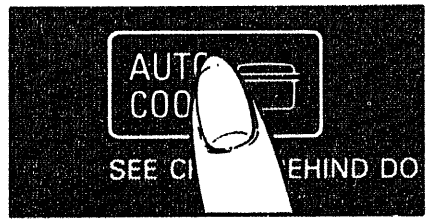
Codes are arranged in lowest to highest amount of power. For example, Code 1 gives least microwave cooking power, Code 2 gives more power than Code 1, Code 3 increases power over Code 2 and so on.

Code 1, which has the least power, is used for quick reheating jobs while the longer cooking foods like stew or chili use higher codes. A Cooking Chart and recipes, starting on page 15, give many tested uses for automatic cooking codes. Remembering that you can adjust the power up or down by increasing or decreasing the Code will give you added flexibility.

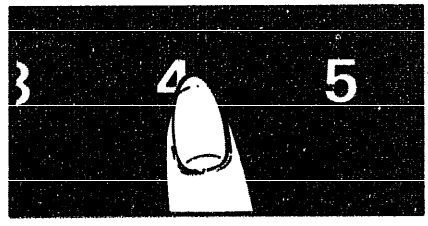
## The Preference Control

Another feature to give you more flexibility in Automatic Cooking is the preference control, which can be used to "fine tune" the power of Codes 2 through 9. By simply adding a 1 after a Code, you can set the oven to cook using 20% less time than the code would regularly deliver. For example, if Code 4 cooks your vegetables more done than you like them, set Code 41 next time and you will get 20% less cooking time.

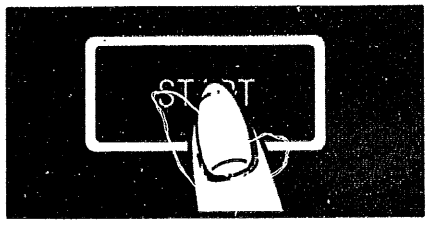
Likewise, if you wish slightly more time than a code delivers, add a 9 after the Code. For the vegetables in the example above, Code 49 would provide 20% more time for cooking than would the regular Code 4.




Touch AUTO COOK pad. "Enter Code" flashes on readout.




Touch number pads 4 and 1 in that order. "Code" flashes on readout until START is touched showing that preference control is used. Code 4 shows and "Start" flashes on readout.



Touch START. "Auto" shows on readout. DO NOT OPEN DOOR until first oven signal, then rotate dish 1/2 turn. Close door and touch START to finish cooking.

## Questions and Answers

**Q. Why does my oven automatically cut off after the Auto cycle when using Auto Cook Control Code 1 when it does not for other settings?**

A. When using Code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or Auto.

**Q. If my food is not completely cooked after using the suggested Auto Cook Control Code, what should I do?**

A. Thick, starchy or dense foods may require some additional time cooking. Use Time Cook I and Power Level 10 for a few minutes until completion.

**Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?**

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

**Q. What if I don't fully cover the dish in Auto Cook?**

A. Oven senses steam too quickly which shortens the cooking time thus leaving undercooked dish. cover tightly and reset Auto Cook.

**Q. Do the shapes and sizes of food make a difference when using Auto Cook?**

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

**Q. Do fresh or frozen vegetables require water when using Auto Cook?**

A. Yes. Add water as recommended on chart to the vegetables and cover well for even, complete cooking.

**Q. Should I use Auto Cook to cook pudding or sauces?**

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended.

**Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?**

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.

**Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?**

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are cooked best by Time Cook.

**Q. Would my plastic containers with very tight fitting lids be appropriate for Automatic Cooking?**

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not cook properly during Automatic Cooking.

**Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?**

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

**Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?**

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use Time Cook when cooking many foods.

**Q. Why was my roast not fully cooked even though the temperature on the readout was correct and Auto Roast completed?**

A. When cooking with Auto Roast, the temperature probe must be inserted properly as fully described in the Cookbook.

**Q. Are there any particular trivets that work better than others?**

A. Yes, flat glass trivets such as lids or dish covers give more even cooking results than plastic trivets. Also, ceramic ridge-bottomed roasting dishes work well. Plastic trivets require meat to be turned over more frequently because the grid design and legs allow the bottom of the meat to stay cooler as it cooks, than glass trivets do.

**Q. Why doesn't the roast continue cooking during the standing or holding time?**

A. The oven automatically reaches finished temperature and then decreases to a lower power level to prevent overcooking. Thus an even temperature is maintained.

**Q. I entered Auto Defrost Code 1, then the number 4 for 4 lbs. of chicken. The readout flashed "Start" but when I touched START, "ERROR" flashed. Why?**

A. You must enter 4 and 0 denoting 4 lbs. Touch CLEAR/OFF and begin again. "ERROR" will also flash if an improper weight for that particular code has been entered.

# Automatic Microwave Cooking Recipe Guide

**Automatic Cooking Control is a fully automatic electronic control system that lets your microwave oven do the cooking for you. The charts and recipes in this section are designed to help you make the most of this truly new feature.**

Standard cooking techniques require setting the oven for a specified cooking time or a selected finished temperature. And that means looking up recipes in a cookbook...trying to convert old recipes for microwave cooking... or just resorting to guesswork. This control method works on an entirely different basis—with a special electronic sensor that detects steam from cooking food. The oven "knows" how the food is cooking; so it can automatically set the correct cooking time and maintain the proper power level for different types and amounts of food.

**NOTE: Oven will not accept "Auto Cook Code" if the oven is hot. If the words "Auto Cook Delay" appear, you must cool the oven before using Auto Cook or you may choose to use Time or Temperature Microwave Cooking.**

## Easy to Use

Simply touch two control pads—AUTO COOK and the desired Code number—and then START. A chart behind oven door gives a complete list of Codes for frequently prepared foods. The readout shows "Auto" until steam is sensed and then signals, and displays time counting down. During "Auto," oven should not be opened, but when oven signals, most foods should be turned, stirred or rotated. Check the Automatic Cooking Chart for suggestions.

Appropriate containers and coverings help assure good cooking results. Containers should match in size to the size of the food being cooked. Coverings such as plastic wrap secured on all sides, wax paper, the lid that came with the container, or microwave-safe plastic domes are ideal. For examples of containers and coverings, see page 12 and the following recipe section of this book.

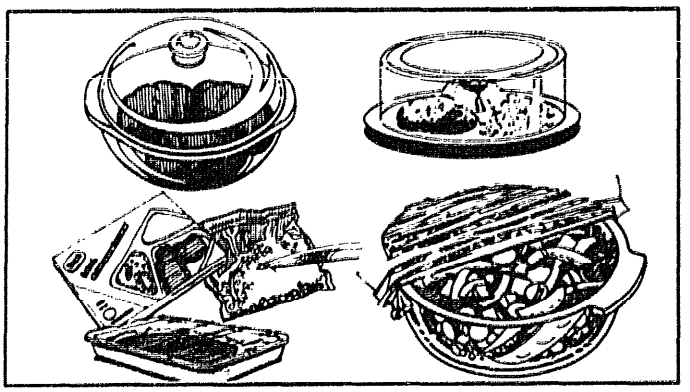
## Preference Control

With Preference Control, you can adjust the Automatic Cooking Feature to your individual taste by adding either "1" or "9" after Code number. If after trying the suggested Code, you would prefer less cooking time, simply add the number "1" after the Code and the oven automatically lessens the cooking time by 20%. If you wish more cooking time, add "9" after the Code to increase cooking time by 20%.

## Automatic Roasting

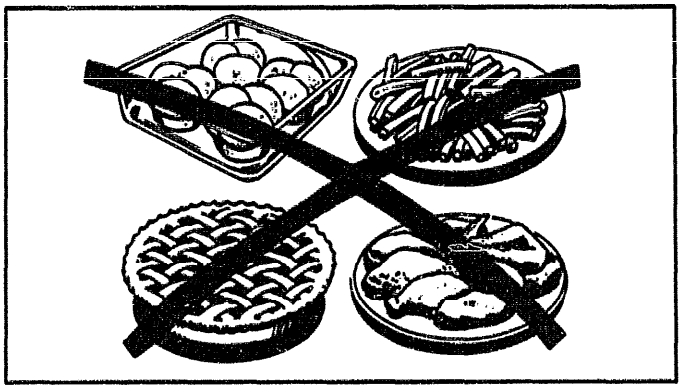
Automatic Roasting uses the temperature probe rather than the electronic sensor to cook meats evenly to the desired degree of doneness. The oven continually monitors the food's internal temperature. Unlike ordinary Temperature Cooking, the oven changes power levels two or three times depending on the degree of doneness during cooking to give you the best results automatically. Meat is cooked evenly, without toughening because lower power levels are used as the meat temperature rises thus cooking meats evenly while retaining the natural juices. After cooking, the oven switches automatically to Hold for an hour. Food stays warm without overcooking.

## Foods Recommended



A wide variety of foods including meats, fish casseroles, vegetables, leftovers, and convenience foods can be Auto Cooked. Match container size with the food, cover securely, and do not open door during Auto cycle. When oven signals, turn, rotate or stir as recommended in recipe or chart on pages 22 and 23.

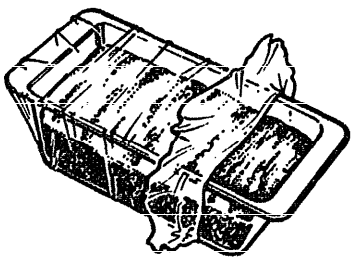
## Foods Not Recommended



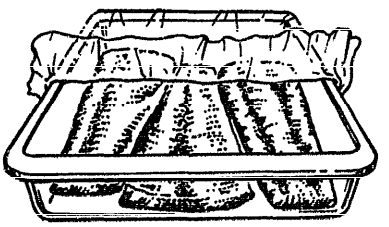
Recipes and foods which must be cooked uncovered, or which require constant attention, or adding ingredients during cooking should be microwaved by Time Cook. For foods that microwave best using temperature probe, use Temp Cook, or Auto Roast. Foods requiring a dry or crisp surface after cooking cook best with Time Cook.

# Automatic Cooking Meats and Main Dishes

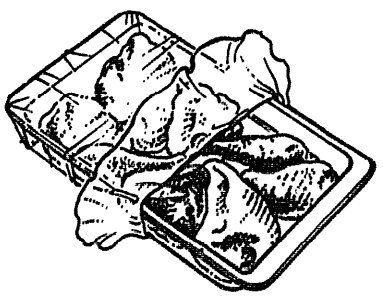
## Meat, Fish & Poultry



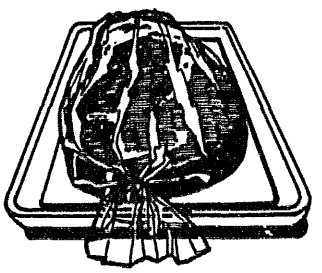
**For meat and fish loaves** use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook Code 4. Beef loaf uses Auto Cook Code 8. Cover with plastic wrap.



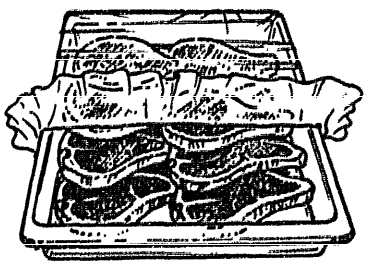
**Fish fillets,** whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap or wax paper. Use Auto Cook Code 5 for fillets and Auto Cook Code 2 for seafood pieces.



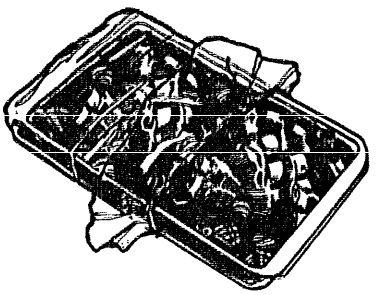
**Chicken breasts** and pieces, or turkey parts should be placed in a microwave-safe square or oblong dish. Cover with wax paper. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Microwave using Auto Cook Code 6.



**Chuck roasts** should be placed in a cooking bag with 1/2 cup water and placed in a microwave-safe dish. Cut bag to fit close to the size of the roast and tie open end securely. Cut a one to one and one-half-inch slit near the tie. Use Auto Cook Code 7.



**Pork Chops** automatically cook well in 12 × 8 × 2-in. dish. Cover with wax paper, tucking ends securely under dish. Add barbecue sauce or other sauce on each chop. Microwave using Auto Cook Code 8.



**Spare ribs and brisket** should be automatically cooked in an oblong glass container. Cover with plastic wrap. Make sure liquid covers meat. Microwave using Auto Cook Code 7.

## How to Adapt Microwave Casserole Recipes

To adapt your casserole recipes for Automatic Cooking.

**1:** Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.

**2:** Use microwave-safe containers that are appropriate in size to the food amount. Use 3-qt. containers or smaller.

**3:** For saucy casseroles, cover container with lid or wax paper (no vents). For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.

**4:** Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.

**5:** Meats and vegetables should be submerged in liquid.

# Meat or Main Dish Recipes

## Mexican Meatball Casserole

**Auto Cook Code 6**
**Approx. Cooking Time—27 min.**
**Makes 6 to 8 Servings**

**1 lb. ground chuck**
**1/2 cup dry bread crumbs**
**1/8 teaspoon pepper**
**1/2 teaspoon salt**
**1 teaspoon chili powder**
**3 tablespoons dry minced onions**
**1 egg**
**3 tablespoons ketchup**
**1/2 cup instant rice**
**1 can (15½ oz.) kidney beans, undrained**
**1 can (14½ oz.) tomatoes, chopped and undrained**
**1 tablespoon chili powder**

In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion, egg and ketchup. Mix well and form into 12 balls. Arrange balls in a circle in 2-qt. casserole. Set aside.

In small mixing bowl place rice, beans, tomatoes and chili powder. Mix well and pour in center of casserole and over meatballs. Cover. Microwave on Auto Cook Code 6.

## Sweet Tart Franks

**Auto Cook Code 2**
**Approx. Cooking Time—10 min.**
**Makes about 80 hors d'oeuvres**

**1 jar (10 oz.) currant jelly**
**1 jar (6 oz.) prepared mustard**
**2 lbs. frankfurters, cut into 1-in. pieces**

In 3-qt. casserole stir together jelly and mustard until well blended. Add frankfurters, stirring to coat each piece. Cover. Microwave on Auto Cook Code 2. When oven signals, stir frankfurters.

## Chicken Teriyaki

**Auto Cook Code 9**
**Approx. Cooking Time—32 min.**
**Makes 4 Servings**

**1/4 cup soy sauce**
**1/3 cup honey**
**1/3 cup orange juice**
**1 whole chicken (about 3 lbs.)**
**1 tablespoon water**
**2 tablespoons cornstarch**

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in 12 × 8 × 2-in. dish. Marinate 1 hour on each side. Place bird breast side up in dish. Slash bag near closure. Microwave on Auto Cook Code 9. When oven signals, remove chicken and prepare Teriyaki sauce. In 1-pt. glass measuring cup stir together water and cornstarch. Cut off one corner of cooking bag with scissors and drain juices into cup. Microwave at High (10) 2 minutes. Remove chicken from bag to serving platter. Pour sauce over chicken just before serving.

## Classic Ham Loaf

**Auto Cook Code 8**
**Approx. Cooking Time—36 min.**
**Makes 6 Servings**

**1 lb. ground cooked ham**
**1/2 lb. ground fresh pork**
**1/2 cup soft bread crumbs**
**1/2 cup water**
**2 tablespoons instant minced onion**
**1/4 teaspoon pepper**

Mix ground ham and pork thoroughly with crumbs, water, onion and pepper. Mold into flat loaf in 9-in. pie plate. Cover with plastic wrap. Microwave on Auto Cook Code 8.

## Chicken and Rice

**Auto Cook Code 9**
**Approx. Cooking Time—25 min.**
**Makes 6 Servings**

**1 can (10½ oz.) condensed cream of mushroom soup**
**1-1/4 cups milk (1 soup can full)**
**3/4 cup instant rice**
**1 can (4 oz.) mushrooms, stems and pieces, drained**
**1 pkg. (1½ oz.) dry onion soup mix**
**1 cut up chicken (about 3 lbs.)**

In small mixing bowl mix soup and milk; reserve 1/2 cup of the mixture. Blend remaining soup mixture, rice, mushrooms and half of the onion soup mix. Pour into a 12 × 8 × 2-in. glass dish.

Place chicken pieces on rice mixture, arranging with meatiest pieces to outside of dish. Pour reserved soup mixture over chicken and sprinkle with remaining soup mix. Cover with wax paper and tuck securely under dish. Microwave on Auto Cook Code 9.

## Swiss Steak

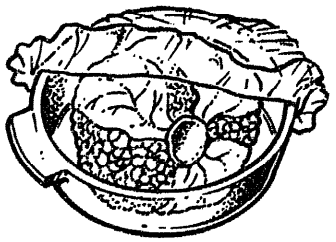
**Auto Cook Code 7**
**Approx. Cooking Time—65 min.**
**Makes 6 Servings**

**1-1/2 lbs. round steak, 1/2-in. thick, tenderized or pounded with meat mallet**
**1/4 cup flour**
**1-1/2 teaspoons salt**
**1/8 teaspoon pepper**
**1 medium onion, sliced thin**
**1 can (14½ oz.) tomatoes**

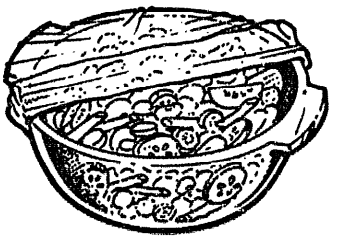
Cut meat in 6 pieces and coat with mixture of flour, salt and pepper. Place in 3-qt. casserole. Cover with onion. Break up tomatoes with fork and pour over top. Cover. Microwave on Auto Cook Code 7.

# Automatic Cooking Vegetables

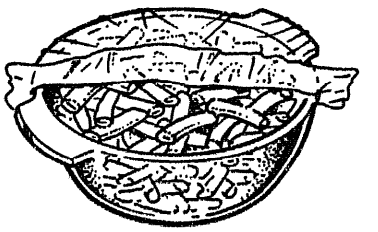
## Fresh or Canned Vegetables



**Whole or large halves of vegetables** such as cauliflower or squash use Auto Cook Code 4. Use round or square container close to size of vegetable. Add 1/2 cup water. Cover with lid or plastic wrap.

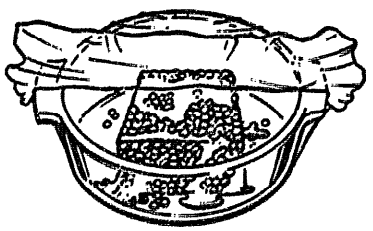


**Pieces or slices of vegetables** require 1/4 to 1/2 cup of water. Use appropriate size covered container. Microwave on Auto Cook Code 4. Dry root vegetables like carrots may need to be stirred after oven signals and time remaining appears on display. Re-cover and touch START to finish cooking.

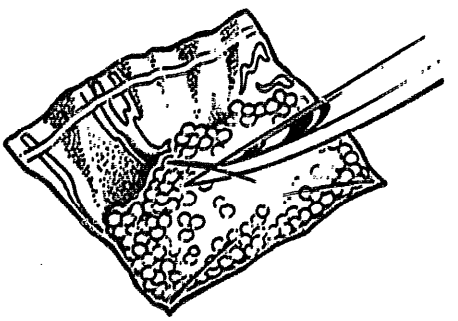


**Precooked/canned vegetables** should be placed in round container similar in size to amount being cooked (at least half full). Microwave on Auto Cook Code 2. Stir before serving.

## Frozen Vegetables



**Block or loose pieces** of frozen vegetables should be placed in suitable size container (at least half full) and covered with lid or plastic wrap. Add 1 or 2 tablespoons water. Microwave on Auto Cook Code 2. See Auto Cook Chart for lima beans.



**Pouches** of frozen vegetables should be slit 1/2" in center before placing directly on oven floor. Microwave on Auto Cook Code 3.

# Vegetable Recipes

## Stir Fry Vegetables

**Auto Cook Code 31**
**Approx. Cooking Time—12 min.**
**Makes 4 Servings**

**1 tablespoon oil**
**1 tablespoon soft butter**
**3 medium onions, quartered**
**1 small green pepper, cut in 1/4-in. wide strips**
**2 cups thinly-sliced cabbage**
**2/3 cup carrots, sliced in thin diagonal slices**
**1/4 cup sliced green onions**
**1 cup broccoli flowerets**
**1 cup cauliflower flowerets**
**2 stalks celery, sliced diagonally**

Toss vegetables with oil and butter in 2-qt. microwave-safe casserole. Cover. Microwave on Auto Cook Code 31, stirring well when oven signals and time remaining appears on display. Serve immediately.

## Summer Garden Stew

**Auto Cook Code 6**
**Approx. Cooking Time—34 min.**
**Makes 6 to 8 Servings**

**1 medium zucchini, cubed**
**2 large potatoes, peeled and cubed**
**2 large carrots, coarsely grated**
**1 small onion, cut in pieces**
**1/4 small head of cabbage, sliced**
**1 can (10¾ oz.) cream of mushroom soup**
**1 block (8 oz.) pasteurized processed cheese, cubed**
**1 can (4 oz.) mushroom pieces**
**1/2 pound smoked sausage, sliced in 1-inch pieces**

In a 3-qt. casserole dish, mix all ingredients together until well blended. Cover. Microwave on Auto Cook Code 6.

## Corn Pudding

**Auto Cook Code 3**
**Approx. Cooking Time—12 min.**
**Makes 4 Servings**

**1 egg**
**1/2 cup milk**
**1 tablespoon sugar**
**1 can (16 oz.) cream-style corn**
**3/4 cup crushed crackers**
**2 tablespoon butter, cut in pieces**
**paprika**

Place egg in 1½-qt. casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter. Cover. Microwave on Auto Cook Code 3. When done, center will be just barely set. Sprinkle with paprika before serving.

## Eggplant Italiano

**Auto Cook Code 5**
**Approx. Cooking Time—18 min.**
**Makes 4 to 6 Servings**

**1 medium eggplant**
**2 cans (8 oz. each) tomato sauce**
**1 to 2 teaspoons oregano**
**1/2 cup shredded sharp cheddar cheese**
**1 pkg. (6 oz.) Mozzarella cheese slices**

Peel eggplant; slice 1/8-in. thick. Spread 2 tablespoons tomato sauce in bottom of 2-qt. casserole. Layer half of eggplant, 1 can tomato sauce, half of oregano and half of shredded cheese. Repeat layers. Cover. Microwave on Auto Cook Code 5. Add Mozzarella cheese and microwave at High (10) 1 to 2 minutes, until cheese has melted.

## Green Rice

**Auto Cook Code 6**
**Approx. Cooking Time—16 min.**
**Makes 4-6 Servings**

**1 pkg. (10 oz.) frozen chopped spinach, thawed and well drained**
**1-1/2 cups cooked rice**
**1/4 cup butter, melted**
**1/4 cup finely chopped onion**
**1-1/3 cups milk**
**1 egg, beaten**
**1/2 teaspoon salt**
**1 cup shredded cheddar cheese**

To cooked rice, add spinach, butter, onion, milk, egg, salt and cheese. Mix well. Cover and microwave on Auto Cook Code 6. Let stand 5 minutes, covered, before serving.

## Country Style Yellow Squash

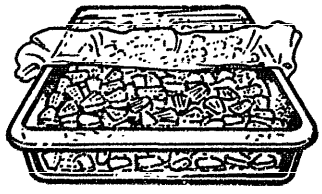
**Auto Cook Code 5**
**Approx. Cooking Time—23 min.**
**Makes 4 to 6 Servings**

**1 teaspoon salt**
**2 pounds yellow squash, diced**
**1/4 cup onion, chopped**
**1/4 cup butter, melted**
**1/4 teaspoon pepper**
**1/4 teaspoon basil**
**3 slices fresh bread, cubed**
**1/2 cup shredded cheddar cheese**
**1 cup sour cream**
**8 strips crisply cooked, crumbled bacon**

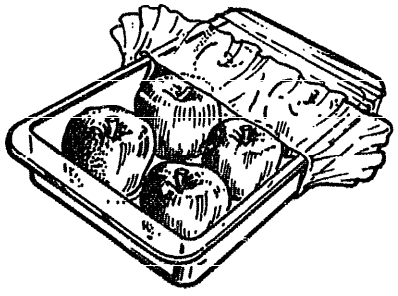
In 2-qt. glass dish, mix together all ingredients, using 1/2 of crumbled bacon. Sprinkle top with remaining bacon. Cover. Microwave on Auto Cook Code 5.

# Automatic Cooking Fruits and Desserts

## Fruits



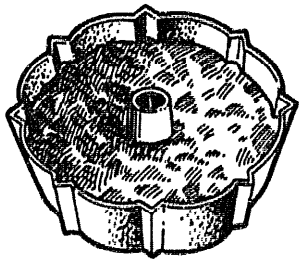
**Pineapple Casserole** is a tangy dessert or meat accompaniment. In 12 × 8 × 2-in. dish spread 2 cans (20 oz. ea.) drained pineapple chunks, 1 cup sugar and 1/2 cup flour. Top with mixture of 2 cups buttery-flavored cracker crumbs and 1/2 cup melted butter. Cover with wax paper and cook on Auto Cook Code 6.



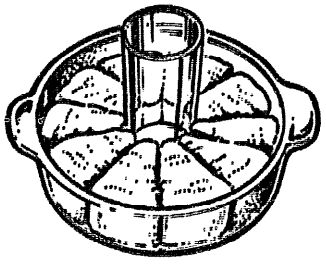
**Baked Apples** automatic cook well using Auto Cook Code 2. Match number of apples to size of microwave-safe covered container. Use Auto Cook Code 2 for Baked Pears also.

**Stewed Fruit and Fruit Compotes** should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook Code 2 and stir once or twice after oven signals and time appears on display. Touch START and finish cooking.

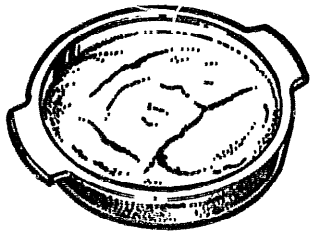
## Desserts & Breads



**Nut Topped Cakes** are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with wax paper. Microwave on Auto Cook Code 69. When oven signals, rotate dish 1/2 turn. Let stand 15 minutes before inverting to cool.



**Caramel Biscuit Ring:** Spread 1/4 cup melted butter and 1/2 cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and 1/2 cup chopped nuts if desired. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. Cover with plastic wrap. Microwave on Auto Cook Code 3. Invert onto serving plate, letting dish stand over ring a few minutes before removing.



**Bacon and Cheese Topped Cornbread:** Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8-1/2 oz.) cornbread mix over above ingredients. Cover with wax paper. Microwave on Auto Cook Code 3. Let stand 5 to 10 minutes before inverting.

# Dessert Recipes

## Easy Chocolate Cake

**Auto Cook Code 69**
**Approx. Cooking Time—14 min.**
**Makes 1 (10-in.) Tube Cake**

**1 pkg. (2-layer size) Devil's Food cake mix**
**3 eggs**
**1/2 cup cooking oil**
**1-1/3 cups water**

**1/4 cup finely chopped pecans**

In large bowl, place cake mix, eggs, oil and water. Follow package recommendations for mixer speed and time.

Lightly grease a 16-cup plastic microwave fluted or straight-sided ring mold. Sprinkle chopped nuts evenly over bottom. Pour batter over nuts.

Cover with wax paper tucked under dish and microwave on Auto Cook Code 69. When oven signals, rotate dish 1/2 turn. Let stand in dish 5 minutes before inverting.

## Cherry Cobbler

**Auto Cook Code 3**
**Approx. Cooking Time—11 min.**
**Makes 6 to 8 Servings**

**1 can (20-22 oz.) prepared cherry pie filling**

**2 cups dry yellow or white cake mix (1 pkg. [9 oz.] or 1/2 pkg. [17 oz.])**
**1/4 cup melted butter**
**1/2 cup coarsely chopped nuts**
**1 teaspoon ground cinnamon**

In 8-in. square dish, spread pie filling.

In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or in three rows so cherries are visible. Cover with wax paper and tuck under dish. Microwave on Auto Cook Code 3.

## Mexican Bread Pudding

**Auto Cook Code 59**
**Approx. Cooking Time—13 min.**
**Makes about 6 servings**

**4 cups bread cubes, lightly packed into cup**
**1/2 cup brown sugar**
**1/2 teaspoon cinnamon**
**1/4 teaspoon salt**
**1/2 cup raisins**
**1/4 cup chopped walnuts**
**1/4 cup slivered almonds**
**1/4 cup Jack cheese, cubed**
**1/2 chopped apple (3/4 to 1 cup)**
**1-3/4 cups milk**
**1/4 cup butter**
**2 eggs, beaten**

Spread bread cubes evenly in 8-inch round dish. Mix sugar, cinnamon, salt, raisins, walnuts, almonds, cheese and apple together. Sprinkle evenly over bread cubes.

Measure milk into 1-qt. measuring cup. Add butter. Microwave at High (10) 4 minutes, until butter is melted. Rapidly stir in eggs with a fork and mix well. pour over bread mixture. Cover with wax paper. Microwave on Auto Cook Code 59.

## Streuseled Apples

**Auto Cook Code 2**
**Approx. Cooking Time—10 min.**
**Makes 6 to 8 Servings**

**6 cups sliced, peeled apples**
**3/4 cup brown sugar**

**1/2 cup all-purpose flour**
**1/3 cup brown sugar**
**1/3 cup quick-cooking oats**
**1/4 cup butter**
**1/2 teaspoon cinnamon**

In 8-inch square dish place apples and 3/4 cup sugar.

With pastry blender mix flour, 1/3 cup sugar, oats, butter and cinnamon until crumbly. Sprinkle over top of apples. Cover with plastic wrap. Microwave on Auto Cook Code 2.

## Pineapple Upside Down Cake

**Auto Cook Code 69**
**Approx. Cooking Time—8 min.**
**Makes 1 (8-in. round) Cake**

**1/4 cup butter**
**1/3 cup brown sugar**
**1 can (8-1/4 oz.) pineapple slices**
**4 maraschino or candied cherries, cut in half**

**3/4 cup all-purpose flour**
**1/2 cup sugar**
**1-1/2 teaspoons baking powder**
**1/4 teaspoon salt**
**1/4 cup soft shortening**
**1 egg**
**1/3 cup liquid from pineapple**
**3/4 teaspoon vanilla extract**

In 8-in. round dish place butter. Microwave at HIGH (10) 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (save liquid) on paper towels and arrange in dish. Decorate with cherries. Place a glass, open side up, in center of dish.

In small mixer bowl, place flour, sugar, baking powder, salt, shortening, egg, liquid and vanilla. Beat 3 minutes on lowest mixer speed, scraping bowl constantly first 1/2 minute. Carefully spread batter over fruit in dish. Cover with plastic wrap. Microwave on Auto Cook Code 69.

# Automatic Cooking Control Chart

- Do not open oven door during Auto cycle. Door may be opened after oven beeps and the countdown time is displayed.
- Match the amount of food to the size of the container. Fill containers at least 1/2 full.
- Add 1/4-1/2 cup water to fresh vegetables.
- Most foods should be covered with lid to dish or wax paper to prevent spattering to keep oven clean. Fish, seafood, spare ribs, and meatloaf should be covered tightly to ensure even cooking.
- Be sure outside of container and inside of oven are dry.
- If food needs additional cooking, return to oven and use Auto Cook Code 1.
- Use preference control "1" or "9" to adjust cook times to suit your individual tastes.
- **Use of Automatic Cooking feature with wire shelf is not recommended.**

**NOTE: Oven will not accept "Auto Cook Code" if the oven is hot. If the words "Auto Cook Delay" appear, you must cool the oven before using Auto Cook or you may choose to use Time or Temperature Microwave Cooking.**

| Food | "Auto Cook" Code | Container | Approx. Time | Comments |
|---|---|---|---|---|
| **Canned Foods** | | | | |
| Thin foods such as soup, broth, gravy | 1 | Microwave-safe container matched to size of food. | 2-3 min./cup | Cover with lid to dish or wax paper. |
| Thick foods such as canned ravioli, chunky soups, beef stew, all canned vegetables | 2 | " | 4 min./cup | " |
| **Leftovers** | 2 | " | 4 min./cup | " |
| **TV Dinners** (except for those with pasta) | 5 | Cook in container (see comments). | 8-10 min. | If foil tray is no more than 3/4" deep, remove foil top, return to original box and reclose box. If tray is more than 1" thick, remove food and place in microwave safe dish and cover. If dinner is in paper board container, remove from box and cook in original container. |
| **Frozen Entrees** Such as lasagna, meat & potatoes | 5 | " | 17-20 min. depending on size | |
| **TV Dinners** With pasta such as macaroni and cheese, spaghetti, mexican dinners with burrittos or enchiladas. | 3 | " | 8-10 min. | If dinner has cake or brownies, remove before cooking. When oven signals, rotate tray or dish 1/4 turn. |
| **Casseroles** | | | | |
| With precooked ingredients in a white sauce such as tuna noodle casserole, turkey tetrazinni | 4 | 2-3 qt. casserole with lid to dish | 12-16 min. | |
| All others with precooked ingredients such as franks and beans, chow mein | 5 | " | 18-22 min. | |
| With raw ingredients such as hamburger patty stew, scalloped potatoes, seafood casseroles | 6 | " | 16-24 min. | |
| Chili | 9 | 3 qt. casserole with lid to dish | 25-40 min. | |

# Automatic Cooking Control Chart (continued)

| | | | | |
|---|---|---|---|---|
| **Meats and Seafood** | | | | |
| Chicken pieces (up to 3 lbs.) | 6 | 12 x 8 x 2-in glass dish | 8-20 min. | Cover with wax paper to prevent spatters. |
| Fish Fillets (1 lb.) | 5 | " | 6-9 min. | " |
| Meatloaf (1 1/2 lb.) | 8 | 9-in. pie plate | 25-30 min. | Cover tightly with plastic wrap to cook evenly. |
| Hamburger patties (4-5) | 4 | 12 x 8 x 2-in. glass dish | 7-9 min. | Cover with wax paper. When oven signals, rotate dish 1/2 turn. |
| Sausage patties (1 lb.) | 6 | " | 7-9 min. | Cover with wax paper. When oven signals, rotate dish 1/2 turn. |
| Pork chops (4-1" thick) | 8 | " | 22-25 min. | Baste with barbecue sauce. Cover with wax paper, tucking ends securely under dish. |
| Spare ribs (up to 3 lb.) | 7 | 13 x 9 x 2-in. glass dish | 1 hr. 30 min.<br>1 hr. 45 min. | Cover tightly with plastic wrap to cook evenly. When oven signals, rearrange ribs. |
| Swiss steak (1½ lb.) | 7 | 3 qt. casserole with lid | 60-65 min. | |
| Chuck Roast (up to 5 lbs.) | 7 | 13 × 9 × 2-in glass dish | 65-90 min. | Place in cooking bag with 1/2 cup water. Slit bag 1". |
| Shrimp (up to 1 lb.) | 2 | 1½ qt. glass dish with lid | 4-6 min. | Cover tightly to ensure even cooking. |
| **Rice** | | | | |
| Regular, raw, 1 cup | 6 | 2 qt. casserole with lid | 21-28 min. | Follow instructions on rice package. |
| Instant, 1 cup | 2 | " | 5-8 min. | " |
| **Vegetables** | | | | |
| Fresh such as carrots, artichokes, cauliflower, broccoli, brussel sprouts (1 lb.) | 4 | 2 qt. casserole with lid | 10-15 min. | Add 1/4 to 1/2 cup water. |
| Baking potatoes 2-4 | 6 | None | . 8-16 min. depending on number | Pierce with fork and place on over floor in a circular arrangement. |
| Frozen block such as peas, green beans, spinach, broccoli. | 2 | 1½ qt. casserole with lid | 8-10 min. | Add 2 tablespoons water. |
| Lima beans | 3 | " | 12-13 min. | Add 1/4 cup water. |
| Frozen pouch such as broccoli in cheese sauce, corn, peas | 3 | Lay pouch on microwave safe dish. | 7-9 min. | Make 1" slit in pouch. Stir well before serving. |
| **Fruit** | | | | |
| Baked apples—4 | 2 | 2 qt, casserole with lid | 12-14 min. | Core apples and fill with butter and brown sugar. |

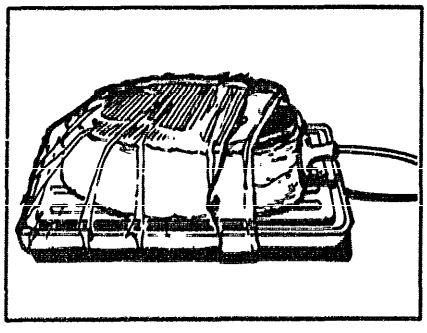
**If after completion of Auto Cook Cycle food needs additional warming, simply recover food and use Auto Cook Code #1**

# Automatic Roasting

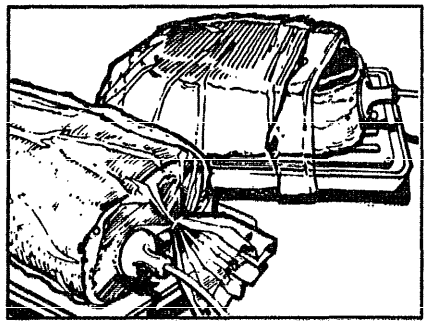
**Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook/Hold, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.**

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

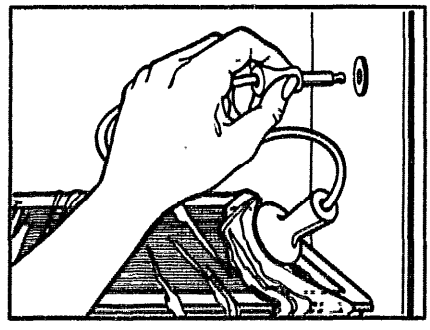
## Preparing Roasts for Auto Roasting



Place tender beef roast on trivet in microwave safe dish. Insert probe from the front horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven. Cover with wax paper.

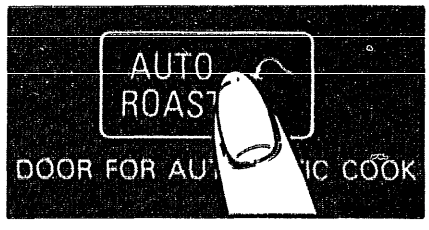


Pork or ham roasts need no trivet. Add 1/2 cup water to roast dish, cover with plastic wrap or wax paper. (For cooking bag method, see Cookbook.)



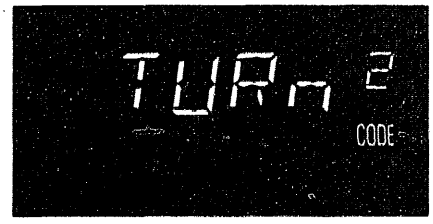
Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

## How to Auto Roast Beef to Medium




1. Touch AUTO ROAST pad. "Auto" appears on display and "Enter Code" flashes. Touch number pad 2. "Code 2" appears on display and "Start" flashes. Touch START. Readout shows temperature and Code 2.

2. At 90°F., readout switches to show meat's internal temperature.




3. After a pre-programmed temperature is reached, depending on the code you selected, oven flashes "Turn" and beeps 4 times. Open the door and turn the meat over. The probe may be disconnected for easier access to the meat without interrupting the program. (Remember to re-insert the probe.)

4. Close door and touch START. The temperature will return on display. Oven monitors internal food temperature; automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.

5. After final temperature is reached, oven switches to Hold temp for up to 1 hour, then shuts off.

## Auto Roast Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- When oven beeps and flashes "TURN", turn meat over.
- Recommended Codes are also shown inside oven on Auto Roast Chart.

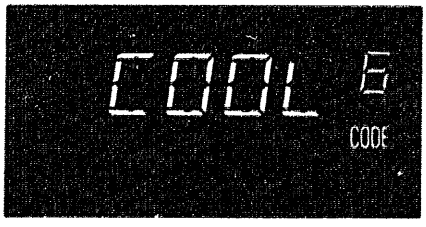
| Food | Code | Final Temp | Approx. Time (Min. per lb.) | Hold* Minutes |
|---|---|---|---|---|
| **Beef** | | | | |
| Tender Roast | | | | |
| Rare | 1 | 115° | 12-14 | 5-10 |
| Medium | 2 | 125° | 14-16 | 10-15 |
| Well | 3 | 145° | 17-18 | 30 |
| **Pork** | | | | |
| Loin Roast | 4 | 175° | 18-20 | 20 |
| Precooked Ham | 1 | 115° | 17-19 | 5-10 |
| **Poultry** | | | | |
| Whole Chicken (3 lbs.) | 5 | 190° | 13-15 | 20 |
| Turkey Breast | 4 | 175° | 13-15 | 20 |
| (Insert probe horizontally into meatiest area.) | | | | |

*Recommended standing time before serving.

## Automatic Simmer
### (Auto Roast Code 6)

Your Cookbook has information on Automatic Simmering, including charts and recipes.

Total time includes time to bring food to 180°F. and hold at that temperature until done.




Set Auto Simmer like Auto Roast, example left. Readout shows "Cool" until food is 90°F., then switches to show food temperature until 180°F.

Oven switches to Hold at 180°F., until you remove food and turn off oven. If stirring is recommended, you can reset oven by retouching START. Touch CLEAR/OFF after cooking.

**Automatic Simmer (Auto Roast Code 6)**

| Food | Approx. Time/Hrs. |
|---|---|
| **Beef** | |
| Pot Roast* | 6-8 |
| Stew | 6-8 |
| Chili | 11-13 |
| **Chicken*** | |
| Stewing | 11-12 |
| Broiler/Fryer | 4-6 |
| **Ham or Pork** | |
| Roast | 4-6 |
| **Soup** | |
| Stock/Vegetable | 3-6 |
| Split Pea | 13-15 |

*For frozen, add 2 to 3 hours.

# Automatic Defrosting

**With the Auto Defrost feature, the oven automatically sets the defrosting time and Power Levels for you.** You choose the appropriate Code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (See Conversion Chart below) and touch START. The oven calculates the defrosting time and changes Power Levels during defrosting to give even defrosting results.

When the oven reaches approximately half of the total defrosting time, the readout flashes "TURN," telling you to turn food over and will not continue defrosting until door is opened and START is touched again.

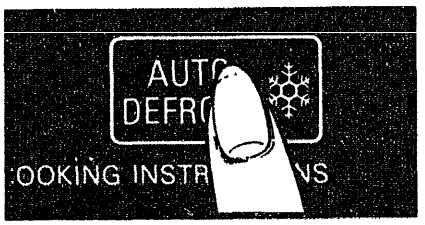
After defrosting time is complete, the oven automatically goes into a holding period as shown on the Automatic Defrosting Chart on this page. This holding period is necessary to finish the defrosting of the interior of the food.

## How to Set Auto Defrost

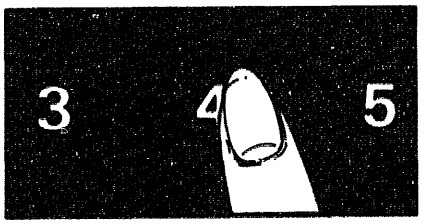
**NOTE:** Before you begin, check the Auto Defrost chart located at the bottom of the oven when you open the door. This chart shows minimum and maximum food weights for each Code number. You will need to know your food weight and corresponding Code before beginning.

**NOTE:** If "ERROR" appears after entering food weight, check the Code Chart to make sure that weight corresponds to the Code number entered.

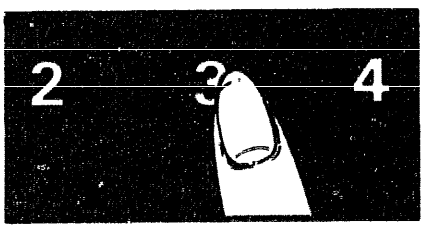
**Step 1:** Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



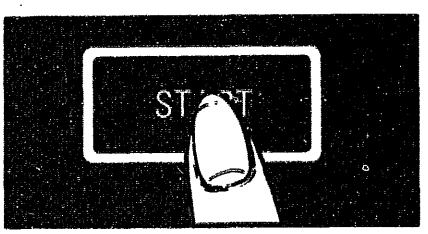

**Step 2:** Touch Auto Defrost Pad. "Enter Code" flashes on readout.



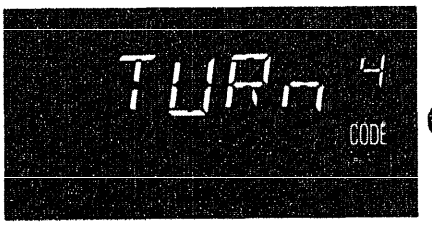

**Step 3:** Touch number pad 4. "Code 4" and "lbs." shows on readout. "Enter Weight" flashes.




**Step 4:** Touch number pad 3 and 0 for weight of 3 lbs. Display shows 3.0, "Code 4" and "Start" flashes.

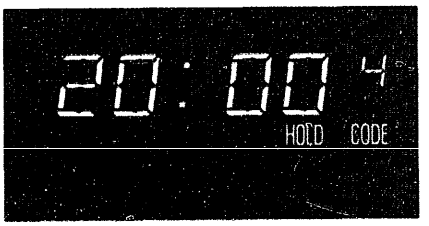



**Step 5:** Touch START pad. Defrost time begins counting down on readout.




**Step 6:** When 1/2 the defrosting time is completed, the oven signals and "TURN" flashes in readout instead of time counting down. Open door and turn package over.

**Step 7:** Close door and touch the START pad. Readout shows remaining defrosting time counting down.




**Step 8:** When defrosting time is completed, oven automatically switches to a Hold period of 20 minutes for Code 4. Hold time counting down shows in readout. When holding time is finished oven signals, "End" flashes, and oven turns off.

## Conversion Chart

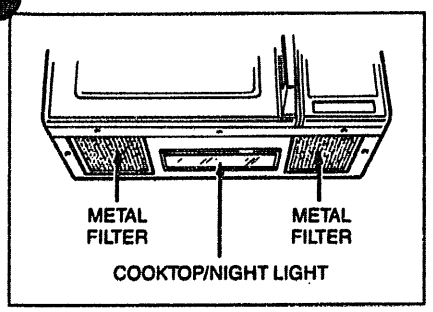
If the weight is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

| Ounces | Pounds |
|---|---|
| 1-2 | .1 |
| 3 | .2 |
| 4-5 | .3 |
| 6-7 | .4 |
| 8 | .5 |
| 9-10 | .6 |
| 11 | .7 |
| 12-13 | .8 |
| 14-15 | .9 |

## Automatic Defrosting Chart

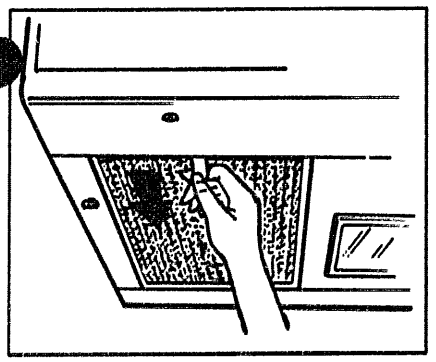
| CODE | MIN.-MAX. WEIGHT | HOLD TIME* | RECOMMENDED FOOD | |
|---|---|---|---|---|
| 1 | .5—4.9 lbs. | none | Chicken pieces | * In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer. |
| 2 | .5—3.9 lbs. | none | Fish | |
| 3 | .5—5.9 lbs. | none | Ground Beef | |
| 4 | 3.0—5.9 lbs. | 20 min. | Roasts, Bone in | |
| 5 | 3.0—5.9 lbs. | 20 min. | Roasts, Boneless | |
| 6 | .5—3.9 lbs. | none | Steaks and Chops | |

# The Exhaust Feature

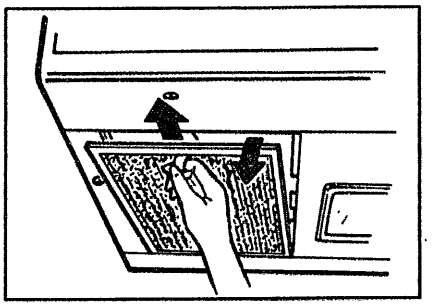



**The exhaust hood** feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

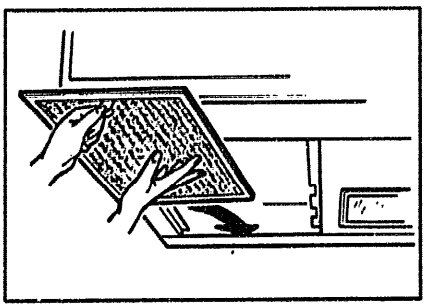
When NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



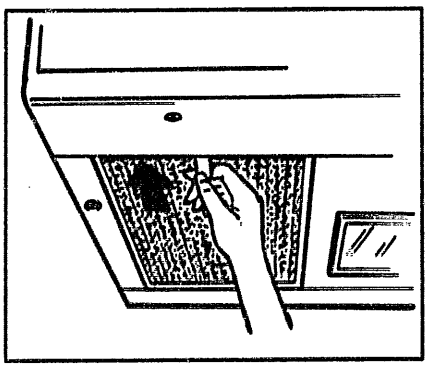
**To remove grease filter,** grasp the "finger hold" on the filter and slide to the rear.



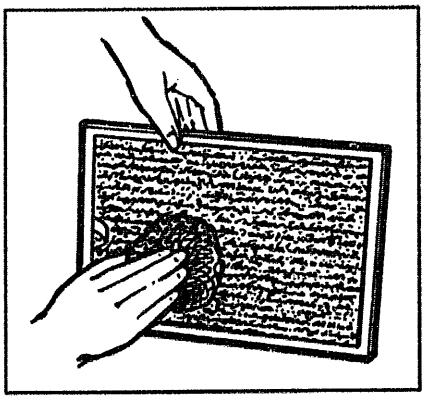
Then pull filter downward and to the front. The filter will drop out.



**To replace grease filter,** slide the filter in the frame slot on the back of the opening.



Pull filter upward and to the front to lock into place.



**To clean grease filter, soak,** then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. **Filters should be cleaned at least once a month. Never operate your hood without the filter in place.** In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.

# Care of Your Microwave Oven

**Your new Microwave Oven is a valuable appliance. Protect it from misuse by following these rules:**

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don't remove the mode stirrer cover** at the top of the oven (microwave feature 5 on page 5). You will damage the oven.

**BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.**

## How to Clean the Inside

**Walls, floor and plastic cover.** Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry. Do not use abrasive cleaners on oven walls. NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

**Door (inside).** Glass: Wipe up spatters daily, wash when soiled, with a minimum of sudsy warm water. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.

**Special note when using Brown 'N Sear Dish:** If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven floor. This may be removed with a cleanser such as Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

**Automatic Temperature Probe.** Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. (Or wash in dishwasher.)

**Shelf Accessory.** Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf. Arcing could occur.

Clean shelf with mild soap and water or in the dishwaher. **Do not clean in a self-cleaning oven.**

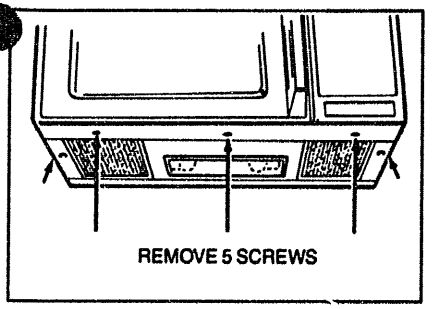
## How to Clean the Outside

**Case.** Clean the outside of your oven with soap and damp cloth, then rinse and dry. The outer pane of the window is glass. Just wipe clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

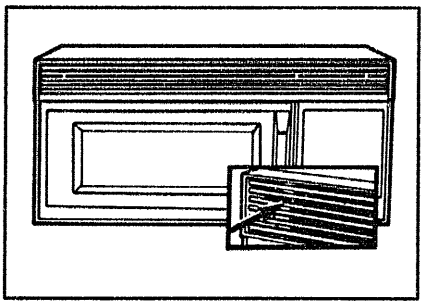
**Control Panel.** Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives, or sharp objects on the panel—they can damage it.

**Door Surface.** When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

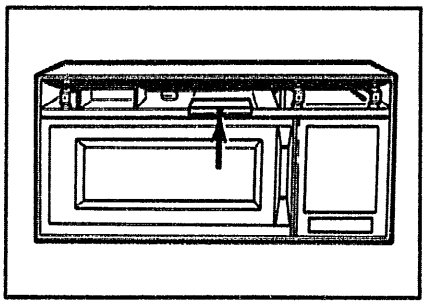
**Power Cord.** If the cord becomes soiled, unplug and wash with damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse and dry thoroughly before plugging cord into outlet.



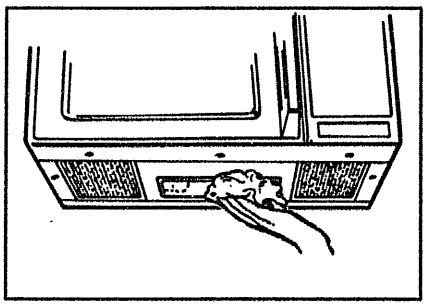

**To replace** combination hood lamp/night light, first **disconnect power at main fuse or circuit breaker panel or pull plug.** Remove 1 screw from each side of lower panel and 3 screws from front edge. Lower panel until it rests on range below. Be sure bulbs to be replaced are cool before removing. Remove bulbs and replace with 40 watt incandescent bulbs available from your General Electric supplier (PART NO. WB 2 x 4253). Raise lower panel and replace screws. Connect electrical power to microwave oven.



**To replace** your oven lamp, first **disconnect power at main fuse or circuit breaker or pull plug.** Remove the top grill by taking off 3 screws which hold it in place.



Next, remove the single screw located above door near center of oven that secures lamp housing. Remove bulb and replace with 30 watt incandescent bulb available from your General Electric Supplier (PART NO. WB 2 x 4235). Secure lamp housing with screw.



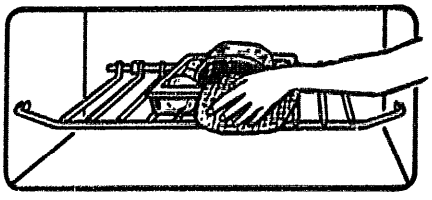
**Clean** off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

# Guide to Use of the Spacemaker® Oven Shelf

The two position wire shelf is specifically designed for added capacity heating and reheating in your Spacemaker® microwave oven. Heating and reheating, which are the most popular uses of microwave ovens, may now be done in multiple quantities, so several foods are ready to serve at the same time.

When microwaving with the oven shelf, some techniques will differ from the cookbook which came with your oven. It is important to arrange foods properly, and this is shown on the next page. Utensil size is important; select from among the suggestions at right. Also, food size should be considered; foods over 3½ inches high, or 3 pounds are not recommended for shelf cooking.

Batters and dough foods and also foods for oven meals using scratch recipes should be cooked without the oven shelf, following cookbook directions.

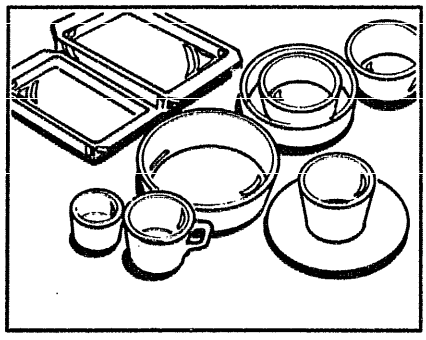


Use potholders when handling foods heated together with your oven shelf, especially when heating larger amounts of food in 8-inch square or other 2-quart size casseroles. Extra steam generated from multiple food cooking may make utensils hotter than with regular microwaving.

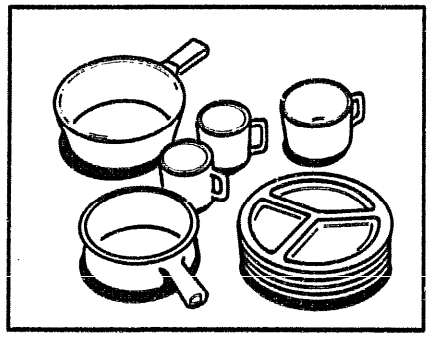
- **Do not store or cook with metal shelf on floor of oven. Product damage may result.**
- **Use potholders when handling metal shelf and utensils. They may be hot.**
- **Do not store or use microwave browning dish on metal shelf.**

## Utensils for Shelf Heating and Reheating

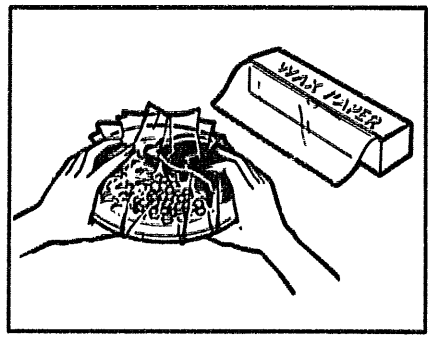
Before placing food in the dishes you plan to use for shelf microwaving, check to see that they will fit together on or under the shelf. Also, be sure utensils are microwave safe.



Utensils for heating or reheating include 1 cup measuring cup, 8x4x3-inch loaf dishes, 9x5x3-inch loaf dishes or 9-inch pie plates.

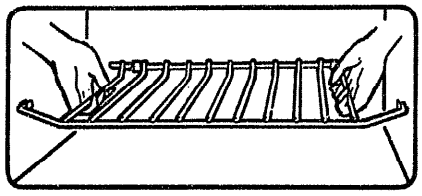


Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.




Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

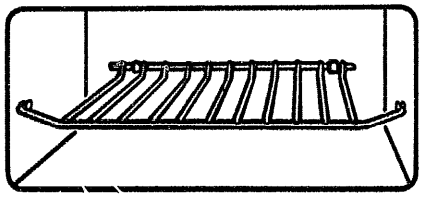
## Positioning the Shelf



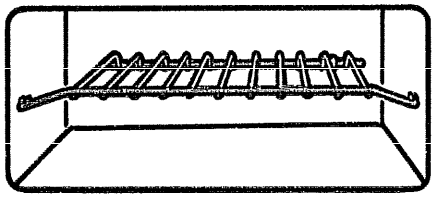
To insert shelf, tip the back slightly and fit the shelf support guides onto the support guides located on each side of rear oven wall.

Next, lower the front until the shelf support guides fit onto the support guides located at each side of the oven in the front.

When properly positioned, the shelf should fit snugly in place.

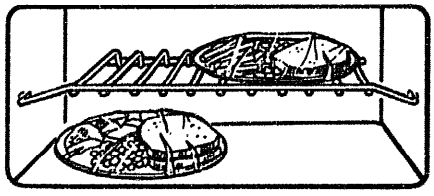


Shelf has two positions. Use in low position when heating two casseroles or reheating frozen TV dinners or entrees.

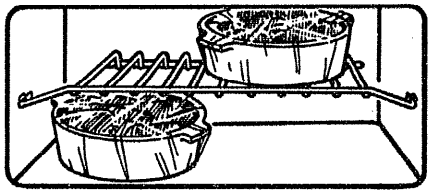


The high shelf position more evenly spaces the area above and below the shelf. Use this position for heating plates of leftovers.

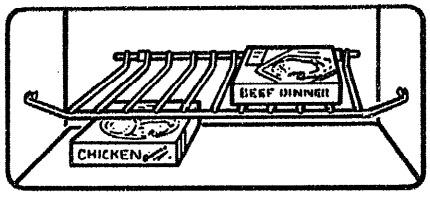
## How to Heat or Reheat Similar Types of Food



**Two plates of leftovers** may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at HIGH (10) for 3 minutes. Reverse position of plates (top to bottom) and rotate 1/2 turn. Continue microwaving at HIGH (10) for 3 to 4 minutes. Continue heating, if necessary, until hot.



**Reheating two casseroles** (height should be less than 3½ inches) is now possible. Cover with plastic wrap. Use staggered arrangements of food, placing food on right side of shelf and left side of floor. Refer to Heating or Reheating Guide (see inside front cover of cookbook) for suggested microwave time per casserole and add the times together. Microwave at HIGH (10) reversing position of foods (top to bottom) after half of time. Also, heat several small bowls of leftovers this way, stirring and reversing positions after half of time.



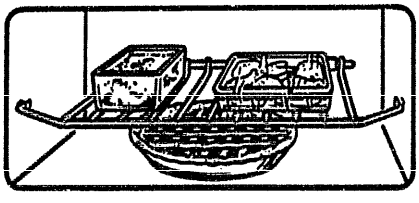

**Two frozen individual entrees (5 to 7 oz. each) or two TV dinners (10 to 12 oz. each)** are both ready to serve at the same time. Remove batter foods; cook these conventionally. Remove foil covers and return foil trays containing food to boxes in which they were purchased. Place in oven with one TV dinner on right shelf and the second dinner on left floor. Microwave at HIGH (10) for 7 minutes. Reverse positions (top to bottom) and rotate foods 1/2 turn. Continue microwaving at HIGH (10) for 7 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on shelf 1 to 2 more minutes.

## How to Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the oven shelf, while foods which are only warmed should be placed on the floor. This is because microwave energy enters the oven from the top only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems under cooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at HIGH (10). To determine heating times, add times for all foods together. (See heating guide inside front cover of cookbook.) After half of time, stir or rearrange foods (do not reverse positions). Check foods (top shelf especially) after 3/4 of total time and remove any which are done. Continue cooking others.



**Place on shelf large or dense foods** which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on oven floor those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

# GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

**WARNING** – Improper use of the grounding plug can result in a risk of electric shock.

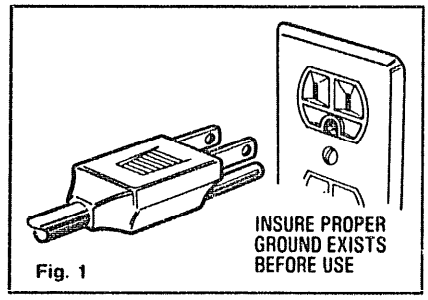


Fig. 1

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

**Do not under any circumstance cut or remove the third (ground) prong from the power cord.**

**Do not use an adapter plug with this appliance.**

**Do not use an extension cord with this appliance.**

# Questions? Use This Problem Solver

## All These Things Are Normal on Your Microwave Oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while operating at power levels other than high.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

| PROBLEM | POSSIBLE CAUSE AND REMEDY |
|---|---|
| OVEN WILL NOT COME ON | • A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.<br>• Make sure 3-prong plug on oven is fully inserted into wall receptacle. |
| CONTROL PANEL LIGHTED, YET OVEN WILL NOT START | • Door not securely closed.<br>• START must be touched after entering cooking selection.<br>• Another selection entered already in oven and CLEAR/OFF not touched to cancel it.<br>• Make sure you have entered cooking time after touching TIME COOK I or II.<br>• CLEAR/OFF was touched accidentally. Reset cooking program and touch START.<br>• Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook.<br>• Make sure you have entered a desired finished temperature after touching TEMP COOK/HOLD.<br>Make sure you entered a code number after touching AUTO functions. |

| PROBLEM | POSSIBLE CAUSE AND REMEDY |
|---|---|
| FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED | • Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK I or II and additional cooking time for completion.<br>• Incorrect Power Level entered. Check Cookbook for recommended Power Level, or changing levels during cooking if necessary.<br>• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cookbook or recipe for instructions.<br>• Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook for recommendation on increased time.<br>• Dish not completely covered as directed during Auto Cook.<br>• Previous microwaving left humidity or moisture in oven, thus lessening the cooking time in Auto Cook function.<br>• Certain vegetables need a standing time after using Auto Cook. Check automatic Cooking Chart.<br>• Oven door was opened during "AUTO" cycle of Auto Cook function.<br>• Probe not inserted properly into meat or dish when using Temp Cook or Auto Roast functions. Check Cookbook or Auto Roast section of this book for specific instructions. |
| "ERROR" APPEARS ON DISPLAY | • When using Temp Cook/Hold, a temperature less than 90°F. or more than 199°F. has been entered.<br>• Door is opened during "AUTO" cycle of Auto Cook function. Close door and touch START.<br>• Weight is incorrect for Auto Defrost code on chart. It is necessary to reset oven.<br>• When using Clock, you have not entered a valid clock time. |
| "PROBE" APPEARS ON DISPLAY | • Probe has been forgotten or not seated properly in oven wall when using Temp Cook/Hold or Auto Roast functions. |

**If you need more help...call, toll free:**
**The GE Answer Center™**

**consumer information service**

# YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

## WHAT IS COVERED

### FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave oven/range*** that fails because of a manufacturing defect.

### LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

## WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

**Read your Use and Care material.** If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center™
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

**Warrantor: General Electric Company**

**If further help is needed concerning this warranty, contact:**
**Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225**

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